

I'm Sorry - You Don't Have Enough Experience For The Job.

But How Do I Get Experience

Without A Job?

Well, there are a lot of ways you can gain required experience without ever having worked a regular full-time job. How do you do that? Sometimes it will be through paid work experiences. Sometimes it will not. Some involve a long-term commitment, others involve a few hours of spare time. Some require previous education, others require only a willingness to learn. But all are valuable additions to a resume and a great opportunity to gain experience.

For information on which of these opportunities are available to you, talk to your school counselor, a teacher, your school-to-work coordinator, or your guidance office. You can even visit with a NH Employment Security Job and Career Center coordinator.

Job Shadowing/Mentoring

Job shadowing and mentoring team a student with a worker who does the kind of work that interests the student. The student follows, or shadows, the worker through a typical work period. The experience may last several hours or several days, and is usually limited to observing the work. The worker may also be a mentor, providing additional information and guidance as the student prepares for a career in the field.

Volunteering/Service Learning

Volunteering and service learning are usually unpaid experiences that provide services to individuals, families, or community organizations. Service learning is typically organized within a school setting, and volunteer service is typically planned by the individual. Examples are: hospital patient assistance services, peer tutoring, or providing animal care at a shelter.

School-Based Enterprises/Work Simulations

Many schools offer experience learning as part of an academic program. Examples include a day care center being operated as part of a child care services class, a greenhouse operated by an agricultural services class, publishing a community newspaper, or running a school store.

Internships

Internships are short work experiences, either paid or unpaid, in which students perform actual work in a business or industry under the supervision of an employer. The student may work with several people, in various parts of the business, or remain in the same

work area for the entire internship.

Cooperative Education

Cooperative (co-op) education provides job placement directly related to a student's classroom studies. Since the job is part of the course the student is enrolled in, the student's work is monitored by both the teacher and the employer. Students usually receive both a grade and a wage.

Apprenticeship

Apprenticeship is the best-known earn-while-you-learn program. Students enter into a partnership with an employer, spending part of their time on a work site learning on-the-job and part of their time in the classroom. Work site activities are paid, and generally pay increases with increased experience. Students who



complete the program have attained qualifications that are recognized throughout the country.

Job Corps is a program run by the US Department of Labor that offers education and skills training to those between the ages of 16 and 25. Training is conducted at regional Job Corps centers and students receive a small living allowance for personal needs. Through a unique teaching approach, students receive training and



support services to help them become responsible, productive employees.

Peace Corps

The Peace Corps is an international organization that sends volunteers to help communities overseas. Volunteers may teach children, help with environmental issues, help people grow food, or offer medical assistance. Most assignments require a four-year college degree. Volunteers commit for two years of service, are paid a small stipend after service completion, and receive 24 vacation days annually.

AmeriCorps is a US national service program for people ages 17 and older. Volunteers provide up to 1,700 hours of service, and receive a small living allowance, health insurance, and education assistance. Child care may also be provided. There are a variety of activities in the New Hampshire AmeriCorps program, including NH AmeriCorps*VISTA, NH Parks AmeriCorps, Victim Assistance Program, and NH Reads AmeriCorps.

Brought to you by:
NHCRN
New Hampshire Career Resource Network
New Hampshire Employment Security
Economic & Labor Market Information Bureau
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